

Adolescence

Things Just Aren't the Same...



1. Adolescence is a time of change- for the whole family!
2. Lots of things change during adolescence, physically and emotionally:
 - Bodies change and hormones run rampant
 - Values and attitudes vary from day to day
 - Independence and freedom become very important
 - Relationships with family and friends change
3. The teen years can be frustrating for everyone- family roles change and outside influences play a bigger role in a teen's life.
4. Look for these emotional changes that may be happening in your home:
 - ◇ Moodiness is normal, depression is not...
 - ◇ Impulsive behavior happens more and more- this may lead to tempers running high and disagreement with adults...
 - ◇ Anxiety about growing up is all part of the game- some teens may feel like staying a kid forever, while others can't grow up fast enough...
 - ◇ Sexual feelings happen more and more- all those hormones lead to more thoughts about peers and less about family members, and about sex...
5. Friends play a big role in adolescence, but the family is still important- providing love, support, and open communication can help to make this challenging time easier for everyone.



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